



Fitness in the park

April 2014 Schedule

Fitness in the Park is a year-round free exercise program that brings a variety of fitness activities to the citizens of San Antonio. Getting started is easy! Just take a look at the current schedule below and find an activity that intrigues you. There is no registration required and classes are open to all fitness levels.

Boot Camps



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and news!

Boot camp and circuit training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. Exercises will also focus on flexibility and agility. Participants will be challenged to push themselves to the limit.

Thunderstruck Bootcamp at Garza Community Center 1450 Mira Vista (210)435-6806

Every Monday and Wednesday at 6:30 pm
Every Friday at 5:45 pm ***No class April 25th**
Meet inside the community center gym

SA Parks Fitness Bootcamp at Phil Hardberger Park East 13203 Blanco

Every Saturday at 9:30 am
Meet in front of the playground

SA Parks Fitness Bootcamp at Ward Community Center 435 E. Sunshine (210) 732-2481

Every Tuesday at 7:00 pm
Meet next to the community center

SA Parks Fitness Boot Camp at Phil Hardberger Park Urban Ecology Center

8400 NW Military
Every Monday at 7:00 am
Meet at the picnic tables in the Urban Ecology Center

NEW! SA Parks Fitness Boot Camp at Travis Park

301 E. Travis
Every Wednesday at 5:30 pm
Meet in the park

Adult Boot Camp at Harlandale Park

7227 Briar Place (210) 924-8021
Every Monday at 6:30 pm
Meet in the community center gym

Boot Camp at South San Community Center

2031 Quintana (210) 927-1640
Every Monday at 6:30 pm ***No Class April 14th**
Meet inside the community center

Boot Camp

(continued)

NEW! Lunch Crunch at Travis Park

301 E. Travis

Every Thursday at 11:00 am & 11:30 am

Meet in the park

Boot Camp at South Side Lions Park

3100 Hiawatha

Every Tuesday at 5:30 pm

Meet at the outdoor fitness equipment

ELITE Strength & Conditioning at Cuellar Community Center

5626 San Fernando (210) 436-0908

Every Friday at 6:00 pm **No class April 25th*

Meet inside the community center

ELITE Speed & Agility at Cuellar Community Center

5626 San Fernando (210) 436-0908

Every Friday at 5:00 pm **No class April 25th*

Meet inside the community center

Outdoor Boot Camp at Panther Springs Park hosted by Mays Family YMCA 21456 Blanco (210) 497-2481

Every Tuesday at 5:30 pm

Meet at the sports fields next to the concession stand

Circuit

Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

Circuit Training at San Pedro Park

1415 San Pedro

Every Tuesday & Thursday at 1:00 pm

Meet near the pool area

Circuit Training at South Side Lions Park

3100 Hiawatha

Every Saturday at 10:00 am **No class April 12th*

Meet at the community center

Circuit Training at Woodlawn Lake Park

1103 Cincinnati

Every Monday & Thursday at 6:30 pm

Meet inside the gym

Circuit Training at Bonnie Conner Park

13300 Woller

Every Thursday at 5:30 pm

Meet next to the playground

NEW! Adult Circuit Training at Travis Park

301 E. Travis

Every Wednesday at 6:30 pm &

Every Thursday at 12:10 pm

Meet in the park

Adult Circuit Training at OP Schnabel Park

9606 Bandera

Every Saturday at 9:00 am **No class April 12th*

Meet at the pavilion next to the playground

Adult Circuit Training at Collins Garden Park

1525 Nogalitos

Every Monday at 6:00 pm

Meet behind the library

Adult Circuit Training at McAllister Park

13102 Jones Maltsberger

Every Saturday at 10:00 am **No class April 26th*

Meet at the outdoor fitness equipment

Adult Circuit Training at Enrique Barrera Fitness Center

5800 Old Highway 90 West

Every Tuesday at 6:00 pm starting April 8th

Meet at the fitness center

Body Pump

The original barbell class. Designed for all fitness levels, BODY PUMP, delivers real results, real fast. This structured workout uses barbells with adjustable weights to work every major muscle group in the body. With motivating music, awesome instructors, BODY PUMP strengthens, tones and defines the body as nothing else can.

Body Pump at Rosedale Park hosted by Westside YMCA

2900 Ruiz St. (210) 433-6391

Every Saturday at 11:00 am

Meet inside the Westside Family YMCA



Get Fit with Sonia & Antonio Daniels

Join 12-year NBA veteran Antonio Daniels and his wife Sonia as they lead us in a variety of fitness classes. Antonio spent 4 years of his NBA career with the San Antonio Spurs including a championship season in 1999. The Daniels family now call San Antonio home and have a passion for helping their city get active and stay fit! Participation is free and open to the public!

- **Circuit Training on Monday, April 14th at 6:30 pm** Woodlawn Gym (1103 Cincinnati)
- **Boot Camp on Saturday, May 17th at 11:00 am** Cuellar Community Center (5626 San Fernando)
- **Kid Fit SA on Wednesday, June 25th at 4:30 pm** Palm Heights Community Center (1201 W. Malone)
- **Circuit Training on Saturday, July 19th at 11:00 am** Lou Hamilton Community Center (10700 Nacogdoches)
- **Boot Camp on Saturday, August 23rd at 10:00 am** Ramirez Community Center (1011 Gillette Blvd)

www.sanantonio.gov/parksandrec

Interval

Also known as Tabata and H.I.I.T., this is a type of cardiovascular training that combines intervals of maximum effort followed by active recovery. Typically shorter than the traditional circuit training or boot camps, this class is perfect for the person on the go.

Interval Training at Walker Ranch Park

12603 West Ave.

Every Wednesday at 7:00 pm

Meet next to the playground

Interval Training at McAllister Park

13102 Jones Maltsberger

Every Saturday at 11:00 am **No class April 26th*

Meet next to the Turkey Roost Pavilion

Interval Training at Woodlawn Lake Park

1103 Cincinnati

Every Wednesday at 6:30 pm

Meet in the grass next to the boat launch parking lot

Every Monday & Thursday at 7:30 pm

Meet in the gym

Interval Training at Dawson Park

2500 E. Commerce (210) 227-1627

Every Tuesday at 7:00 pm

Meet at the community center

Interval Training at Bonnie Conner Park

13300 Woller

Every Thursday at 6:30 pm

Meet next to the playground

Interval Training at South Side Lions Park

3100 Hiawatha

Every Tuesday at 6:30 pm

Meet at the fitness equipment

Mommy & Me

Mommy & Me at Enrique Barrera Fitness Center

This specialized fitness class allows parents to interact with their child while getting a light to moderate workout. Exercises are designed for parents with children ages 3 months to 3 years old.

5800 Old Highway 90 (210) 207-322

Every Thursday at 12:00 pm

Meet inside the fitness center dance studio

Stroller Strides at Phil Hardberger Park East

by Fit 4 Mom 13203 Blanco

Stroller Strides is a stroller-based fitness program designed for moms with little ones. Each 60 minute, total body workout incorporates power walking, strength, toning, songs and activities. **For inclement weather, including excessive heat or chance of rain, please call 800-279-7430.*

Saturday April 5th & Every Tuesday at 9:00 am

Meet at the picnic tables

Pickleball

Pickleball is a variation of tennis that takes minutes to learn and a lifetime to master. The rules are designed to allow players of all ages to play competitively while getting a great workout. Equipment is provided.

Pickleball at Lou Hamilton Community Center

10700 Nacogdoches

Every Saturday at 9:00 am **No class April 5th or 12th*

Meet inside the community center gym



@SAParksFitness

Yoga

Exercise your mind, body, and soul, reduce anxiety, improve flexibility, relieve stress, and improve respiratory functions through the power of yoga. Our family friendly yoga is just that...open to everyone, including families with young children.

Hatha/Vinyassa Yoga at Walker Ranch Park

12603 West Ave

Every Thursday at 6:00 pm

Meet next to the playground

Gentle Yoga at Virginia Gill Community Center

7902 Westshire

Every Wednesday at 10:00 am

Meet inside the community center

Power Yoga at Joe Ward Community Center

435 E. Sunshine (210) 732-2481

Every Tuesday at 6:00 pm

Meet next to the community center

Beginner's Hatha Yoga at Cuellar Park

5626 San Fernando

Every Tuesday at 5:00 pm

Meet inside the community center

Family Friendly Yoga at Phil Hardberger Park East

13203 Blanco

Every Saturday at 10:30 am

Meet in front of the playground

Family Friendly Yoga at McAllister Park

13102 Jones Maltsberger

Every Saturday at 1:30 pm

Meet at the Turkey Roost Pavilion

Family Friendly Yoga at Collins Garden Park

1525 Nogalitos

Every Monday at 7:00 pm

Meet behind the library

NEW! Chair Yoga at Dorie Miller C.C.

2802 M.L.King Dr.

Every Saturday at 10:30 am

Meet inside the community center

NEW! Yoga on the Lawn at Lions Field

2809 Broadway

April 14th & 21st at 6:00 pm

Meet in the lawn next to the community center

Aerobics

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength routines. The goal is to improve all elements of fitness including flexibility, muscular strength, and cardio vascular fitness.

Aerobics Class at Jesse James Leija Gym

319 W. Travis (210) 223-6414

Every Monday, Tuesday and Thursday at 5:00 pm

Meet inside the upstairs gym

Chair Aerobics at Virginia Gill Community Center

7902 Westshire (210) 207-3237

Every Tuesday and Thursday at 9:30 am

Meet inside the community center

RoTenGo

Join us as we play this exciting new game with nonstop action. This hybrid of tennis and ping pong can be played by people of all ages. It takes 5 minutes to learn but a lifetime to master. Equipment is provided.

RoTenGo at Miller's Pond Community Center

6175 Pearsall

Every Wednesday at 4:30 pm

Meet inside the gym

Zumba!

Ditch the workout and join the party! Zumba is an exhilarating, effective, easy to follow, Latin inspired, calorie burning dance fitness party that's already moved millions of people toward joy and health. Over the past ten years, Zumba has grown into one of the world's largest dance fitness programs with more than 14 million people of all shapes, sizes, and ages taking classes. Come try it out for free as part of Fitness in the Park at one of the classes below.

Zumba at OP Schnabel Park hosted by Braundera YMCA

9606 Bandera (210) 520-9700

Every Friday at 6:00 pm

Meet inside the Braundera YMCA

Zumba at Jimmy Flores Park hosted by Y Living Center

835 W. Southcross (210) 924-2277

Every Wednesday at 6:00 pm

Meet inside the Y Living Center Lobby

Zumba at the Walzem YMCA

5538 Walzem (210) 656-5777

Every Saturday at 11:00 am

Meet inside the YMCA

Zumba at Rosedale Park hosted by Westside YMCA

2900 Ruiz St. (210) 433-6391

Every Saturday at 10:00 am

Meet inside the Westside Family YMCA

Zumba at San Juan Community Center

2307 S. Calaveras (210) 225-5410

Every Tuesday and Thursday at 7:30 pm

Meet inside the community center

NEW! Zumba Around the City sponsored by Community First Health Plans at Travis Park

301 E. Travis

Every Monday & Wednesday at 6:30 pm

Meet in the park

Zumba at Ramirez Community Center

1011 Gillette (210) 921-0681

Every Tuesday at 6:00 pm

Meet next to the community center

NEW! Zumba at Lou Hamilton C.C.

10700 Nacogdoches (210) 654-7749

Every Monday & Thursday at 8:00 pm

Meet inside the game room

Zumba at Virginia Gill Community Center

7902 Westshire (210) 207-3237

Friday, April 4th and Friday, April 18th at 10:00 am

Meet inside the community center

Zumba at McAllister Park

13102 Jones Maltsberger

Every Saturday at 9:00 am ***No class April 26th**

Meet at the Turkey Roost Pavilion

Zumba at Phil Hardberger Park Urban Ecology Center

8400 NW Military

Every Saturday at 9:00 am ***No class April 5th**

Meet at the Urban Ecology Center

Zumba at San Pedro Park

1415 San Pedro

Every Tuesday & Thursday at 12:00 pm

Meet near the pool area

Zumba at South Side Lions

3100 Hiawatha

Every Saturday at 9:00 am ***No class April 12th**

Meet at the community center

NEW! Zumba at Woodard Community Center

1011 Locke St.

Every Tuesday at 7:00 pm

Meet inside the community center



Troops for Fitness

Troops for Fitness is a series of special fitness classes taught by skilled military veterans. With the support of Coca-Cola, San Antonio Parks and Recreation Department is proud to offer veteran led fitness classes. The following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- ★ Thunderstruck Bootcamp at Garza C.C.
- ★ Cross Fit at Garza C.C.
- ★ Adult Boot Camp at Harlandale Park
- ★ Circuit Training at Bonnie Conner Park
- ★ Interval Training at McAllister Park
- ★ Circuit Training at McAllister Park
- ★ Interval Training at Woodlawn Lake Park
- ★ Interval Training at Dawson Park
- ★ Interval Training at Bonnie Conner Park
- ★ Cross Fit at McAllister Park
- ★ Cross Fit at Woodard Park
- ★ Cross Fit at Harlandale Community Center
- ★ Yoga at Cuellar Community Center
- ★ Kid Fit SA at Harlandale Community Center
- ★ Kid Fit SA at Palm Heights Community Center
- ★ Team Red, White & Blue at San Antonio Natatorium

GET INVOLVED!

Are you a veteran or active duty military personnel looking for a leadership role with the Troops for Fitness program? We have several ways to get involved. If you are qualified to lead fitness classes in any discipline, you may be able to volunteer or seek employment with Fitness in the Park and Troops for Fitness. For more information, contact travis.Davey@SanAntonio.gov or call 210-207-3054.

Not a fitness instructor. You can support Troops for Fitness by visiting the classes listed above!

Dance

Crecer, Saber, Mover (To Grow, To Know, To Move)

Inspired by Jaime Zapata's popular 'Projecto Crecer', this class features Latino dance style movements and exercise and is open to anyone with a desire to grow in health that can help lead to physical and emotional empowerment. Each exercise movement class includes a presentation on select topics that focus on a variety of health and wellness tips meant to assist one in living a healthier lifestyle. Using community resources, guest presenters also help round out the weekly program. Classes are family friendly, bilingual, and open to all adults. *Space is limited to 30 people.

Crecer, Saber, Mover at the Enrique Barrera Fitness Center

5800 Old Highway 90 (210) 207-3221
Thursday April 10th & April 24th at 9:30 am
Every Wednesday at 10:00 am
Meet inside the fitness center dance studio

Crecer, Saber, Mover at Berta Almaguer Studio

138 S. Josephine
Every Tuesday & Friday at 9:30 am ***No class April 25th**

Hip Hop Dance

The CYPHER Movement (Character, You, Purpose, Honor, Empowerment, Respect) is dedicated to helping communities through a fitness and performance activity to relay their messages of: Anti-Bullying, Health and Nutrition, Character Development, Goal Setting, Self-Worth, Drug and Violence Prevention, and Peer-to-Peer Mentorship while learning the newest in urban dance styles. CYPHER is a coalition of young performers and mentors who utilize their talents in music, dance and the arts to creatively communicate messages of hope and encourage positive life choices to their peers. *Ages 11 to 22

CYPHER at Berta Almaguer Dance Studio

138 S. Josephine
Every Saturday at 9:00 am
Meet inside the dance studio

Line Dancing

Line dancing is a fun way to get up and get moving! No experience necessary. Come learn some new steps, meet new friends and stay active as we hit the dance floor.

Line Dancing at Virginia Gill Community Center

7902 Westshire (210) 207-3237
April 11th at 10:00 am
Meet inside the community center

Hawaiian Hula Dancing

Traditional hula dance fuses rhythmic movements of the entire body with cultural significant music of the Hawaiian region. Come learn, laugh and get lean with Fitness in the Park!

NEW! Hula Dancing at Lou Hamilton Community Center

10700 Nacogdoches (210) 654-7749
Every Monday at 6:00 pm
Meet inside the community center dance studio

NEW! Hula Dancing at Berta Almaguer

138 S. Josephine
Every Tuesday at 7:30 pm
Meet inside the dance studio

Body Combat

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi, and Muay Tai. Supported by driving music, you will strike, kick, and punch your way through calories to superior cardiac fitness.

Body Combat at Westside YMCA

2900 Ruiz St. (210) 433-6391
Every Saturday at 12:00 pm
Meet inside the Westside Family YMCA

NEW! Combat at Davis Scott YMCA

1213 Iowa (210) 532-0932
Every Tuesday at 6:30 pm
Meet inside the Davis Scott Family YMCA

Learn & Burn

Join us for a very unique and interesting exercise class. Learn and Burn classes will feature a short 10 to 15 minute discussion about relevant wellness issues, including tips for improving your health, followed by a great cardio aerobic workout to burn those calories!

Learn & Burn at Phil Hardberger Park Urban Ecology Center

8400 NW Military Hwy
Every Monday at 8:00 am
Meet in the classroom

Learn & Burn at Parman Library

20735 Wilderness Oak
Every Monday at 10:00 am
Meet in the library meeting room

Cross Fit

Cross Fit is an effective way to get fit. Anyone can do it. It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. We do pull-ups, squats, push-ups, weightlifting, gymnastics, running, and a host of other movements. Always varied, always changing, always producing results.

Cross Fit at McAllister Park

13102 Jones Maltsberger
Every Saturday at 9:00 am **No class April 26th*
Meet at the Turkey Roost Pavilion

Cross Fit at Woodard Park

1011 Locke St.
Every Tuesday at 5:00 pm
Meet at the playground

Cross Fit at Harlandale Park

7227 Briar Place
Every Monday at 7:30 pm
Meet inside the community center

NEW! Cross Fit at Garza Community Center

1450 Mira Vista
Every Tuesday, Wednesday & Thursday at 6:00 pm
Meet inside the community center

Walking/Running

Power Walk at Commander's House

645 S. Main
Every Tuesday & Thursday at 9:00am
Meet on the Commander's House front porch

Social Walking at Virginia Gill Community Center

7902 Westshire (210) 207-3237
Every Tuesday and Thursday at 9:15 am
Meet inside the community center

Hike with your Hound at OP Schnabel Park

9606 Bandera
Every Saturday at 10:00 am **No class April 12th*
Meet at the playground **DOG WELCOME!*

Unase Al Reto at Woodlawn Lake Park

1103 Cincinnati
Every Wednesday at 6:00 pm
Meet by the basketball court on the island

Social Walking at Woodlawn Lake Park

1103 Cincinnati
Every Monday & Thursday 5:30 pm
Meet inside the gym

5K Training at Enrique Barrera Fitness Center

5800 Old Highway 90 West
Every Monday & Wednesday at 6:00 pm
Meet inside the fitness center

NEW! Social Walking at Father Roman C.C.

11030 Ruidosa
Every Monday & Wednesday at 6:00 pm
Meet inside the community center

Exercise Class

This volunteer led class utilizes a video to instruct participants through a moderately intense workout. Feel the support and encouragement from your fellow fitness enthusiasts as you work your way towards your wellness goals.

Exercise Class at Copernicus Community Center

5003 Lord Rd.(210) 648-1072

Every Monday through Thursday at 7:00 pm

Meet inside the community center

Fitness in the Stadium

Working out as a family has never been easier. Wheatley Stadium presents Fitness in the Stadium every week with a wide variety of fitness activities for the entire family. There is truly something for everyone all in one place. Choose from Zumba, Circuit Cycles, Youth Fit Action and walking/running classes all taking place at the same time. Bring your whole family for this one of a kind fitness event. Meet new friends and make a stronger community through fitness and friendship.

Fitness in the Stadium hosted by Wheatley Stadium

1023 Upland Road (210) 714-0017

Every Monday at 5:30 pm

Meet inside the stadium

Aquatics

Team Red, White and Blue Swimming at San Antonio Natatorium

1430 Cesar E. Chavez Blvd (210) 207-3299

Team Red, White and Blue's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity. Both veterans and community members are encouraged to take part in the swimming activity. For safety reasons, each session will be limited to the first 20 participants.

Tuesday, April 1st at 6:45 pm & Saturday, April 26th at 4:00 pm

Meet inside the Natatorium

*Limit 20 participants per session

Kickboxing

Our kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, flexibility, and coordination.

Cardio Kick Boxing at Walker Ranch Park

12603 West Ave

Every Wednesday at 6:00 pm

Meet next to the playground

Cardio Kick Boxing at McAllister Park

13102 Jones Maltsberger

Every Saturday at 12:30 pm

Meet at the Turkey Roost Pavilion



Just for Kids: Kid Fit SA!

Kid Fit SA, a series of Fitness in the Park classes designed just for kids, is geared towards kids ages 8 to 14. With the rise in childhood obesity across the country, it is vital that children learn healthy habits at a young age. This moderately intense boot camp style class will teach children how to improve their health through physical activity, nutrition, and positive choices. By incorporating fun games, music, and some crazy exercises, participants won't even realize they're getting a workout!

Kid Fit SA at Harlandale Community Center

7227 Briar Place

Every Monday at 5:30 pm

Kid Fit SA at Palm Heights Community Center

1201 W. Malone (210) 207-3099

Every Wednesday at 4:30 pm

Meet at the outdoor basketball courts

Kid Fit SA at Woodard Community Center

1011 Locke (210) 225-5445

Every Tuesday at 5:00 pm

Volleyball Conditioning at Lou Hamilton Community Center

10700 Nacogdoches (210) 654-7749

Every Thursday at 1:30 pm

Meet inside the gym * Boys and Girls ages 9 to 16

Basketball Conditioning at Lou Hamilton Community Center

10700 Nacogdoches (210) 654-7749

Every Monday at 2:00 pm

Meet inside the gym *Boys and girls ages 7 to 14

Basketball Conditioning at Ramirez Community Center

1011 Gillette (210) 921-0681

Every Saturday at 2:00 pm

Meet inside the gym *Boys and Girls ages 8 to 11

Every Saturday at 3:00 pm

Meet inside the gym *Boys and Girls ages 12 to 16

Kid Fit SA at South Side Lions Park

3100 Hiawatha

Every Tuesday at 4:30 pm

Meet at the playground next to the community center



Fitness in the Park SPOTLIGHT

I'm frequently asked "What made you decide to loose the weight and get healthier?" As if carrying an extra 80 lbs of weight did not bother me! I sincerely wanted to solve my weight problem years ago, but was not successful. It took me some time to learn what I need in order to be healthy.

I led an active lifestyle or so I thought. I played soccer, tennis and popped in and out of the gym weekly. I had the strong desire to lose the stubborn weight, but wanting it did not make it happen. While online shopping for sandals, I made my first contact with San Antonio's Fitness in the Park. My first class was a trail walk through McAllister Park. Seeing that I could handle a little more than a walk in the park, I showed up for a circuit class the following week. Though my body ached for the next two days, I knew the aches and pains would fade and if I wanted to be successful, getting healthier would have to become a priority. Since then I have participated in Bootcamps, HIIT and Yoga classes across several parks in San Antonio.

There's a beauty unlike any other when you reach out to stretch and see the moon and the stars so clearly on a Monday night. I have enjoyed exercising outdoors so much that the thought of stepping foot into a smelly gym is far off my radar. Though I've stepped on dog poop, had bird poop fall on me, tolerated frigid, windy and rainy weather, being outdoors has made me happier!

Part of my success story is accepting the harsh reality that eating on a caloric "budget" along with exercise is a necessary element for success. For years I thought if I exercised I could eat just about anything. This is why I failed at first. I now watch my portions and make healthier choices.

Six months have passed since I have made Fitness in the Park classes a habit and a lot has changed. Not only are the new found muscles, curves and smaller waistline an added bonus, but I find myself smiling more, taking chances and living a life that had been put on hold. I have made new friendships and am surrounded by supportive people. I never expected to be able to do push ups, burpees, handstands and meet really cool people under the shadows of the oak trees. But I do just that and a lot more and my success story does not end here!

~Becky Hernandez~

Do you or someone you know have a Fitness in the Park success story? Nominate them to become the next "Spotlight" feature by emailing Travis.Davey@SanAntonio.gov.

INTERESTED IN JOINING THE FITNESS IN THE PARK TEAM?

Complete a Volunteer Instructor Application by visiting www.sanantonio.gov/parksandrec/fitness_instructorapp.aspx

April 2014 Calendar

Monday 3/31	Tuesday 4/1	Wednesday 4/2	Thursday 4/3	Friday 4/4	Saturday 4/5
7:00 am Boot Camp Hardberger Park	9:00 am Stroller Strides Hardberger Park East	10:00 am Yoga Virginia Gill C.C.	9:00 am Power Walk Commander's House	9:30 am Crecer, Saber, Mover Berta Almaguer	9:00 am Zumba McAllister Park
8:00 am Learn & Burn Hardberger Park	9:00 am Power Walk Commander's House	10:00 am Crecer, Saber, Mover Enrique Barrera	9:15 am Social Walk Virginia Gill C.C.	10:00 am Zumba Virginia Gill C.C.	9:00 am Cross Fit McAllister Park
10:00 am Learn & Burn Parman Library	9:15 am Social Walk Virginia Gill C.C.	4:30 pm RoTenGo Miller's Pond C.C.	9:30 am Chair Aerobics Virginia Gill C.C.	5:00 pm ELITE Speed & Agility Cuellar C.C.	9:00 am CYPHER Berta Almaguer
2:00 pm Youth Basketball Lou Hamilton C.C.	9:30 am Crecer, Saber, Mover Berta Almaguer	4:30 pm Kid Fit SA Palm Heights C.C.	11:00 am Lunch Crunch Travis Park	5:45 pm Boot Camp Garza C.C.	9:00 am Circuit Train OP Schnabel
5:00 pm Aerobics Jesse James Leija Gym	9:30 am Chair Aerobics Virginia Gill C.C.	5:30 pm Boot Camp Travis Park	11:30 am Lunch Crunch Travis Park	6:00 pm ELITE Strength & Condition Cuellar C.C.	9:00 am Stroller Strides Hardberger Park East
5:30 pm Kid Fit SA Harlandale C.C.	12:00 pm Zumba San Pedro Park	6:00 pm Cross Fit Garza C.C.	12:00 pm Zumba San Pedro Park	6:00 pm Zumba OP Schnabel	9:00 am Zumba SS Lions C.C.
5:30 pm Social Walk Woodlawn Gym	1:00 pm Circuit Train San Pedro Park	6:00 pm Zumba Jimmy Flores Park	12:00 pm Mommy & Me Fitness Enrique Barrera		9:30 am Boot Camp Hardberger Park East
6:00 pm Circuit Train Collins Garden	4:30 pm Kid Fit SA SS Lions C.C.	6:00 pm Cardio Kickboxing Walker Ranch Park	12:10 pm Circuit Train Travis Park		10:00 am Hike w/ Hound OP Schnabel Park
6:00 pm 5K Training Enrique Barrera	5:00 pm Kid Fit SA Woodard C.C.	6:00 pm Unase Al Reto Woodlawn Park	1:00 pm Circuit Train San Pedro Park		10:00 am Circuit Train SS Lions C.C.
6:00 pm Social Walk Miller's Pond	5:00 pm Aerobics Jesse James Leija	6:00 pm 5K Training Enrique Barrera	1:30 pm Volleyball Conditioning Lou Hamilton C.C.		10:00 am Circuit Train McAllister Park
6:30 pm Boot Camp Garza C.C.	5:00 pm Yoga Cuellar C.C.	6:00 pm Social Walk Father Roman C.C.	5:00 pm Aerobics Jesse James Leija		10:00 am Zumba Rosedale Park
6:30 pm Boot Camp Harlandale C.C.	5:00 pm Cross Fit Woodard C.C.	6:30 pm Boot Camp Garza C.C.	5:30 pm Circuit Train Bonnie Conner Park		10:30 am Yoga Hardberger Park East
6:30 pm Circuit Train Woodlawn Gym	5:30 pm Boot Camp Panther Springs	6:30 pm Circuit Train Travis Park	5:30 pm Social Walk Woodlawn Gym		10:30 am Chair Yoga Dorie Miller C.C.
6:30 pm Zumba Tobin C.C.	6:00 pm Cross Fit Garza C.C.	6:30 pm Interval Train Woodlawn Park	6:00 pm Cross Fit Garza C.C.		11:00 am Interval Train McAllister Park
6:30 pm Boot Camp South San C.C.	6:00 pm Yoga Ward C.C.	6:30 pm Zumba Travis Park	6:00 pm Fit Camp Miller's Pond C.C.		11:00 am Zumba Walzem YMCA
7:00 pm Family Yoga Collins Garden	6:00 pm Zumba Ramirez C.C.	7:00 pm Interval Train Walker Ranch Park	6:00 pm Yoga Walker Ranch Park		11:00 am Body Pump Rosedale Park
7:00 pm Exercise Class Copernicus C.C.	6:30 pm Interval Train SS Lions Park	7:00 pm Exercise Class Copernicus C.C.	6:30 pm Circuit Train Woodlawn Gym		12:00 pm Body Combat Rosedale Park
7:30 am Interval Train Woodlawn Gym	6:30 pm Body Combat Davis Scott YMCA		6:30 pm Interval Train Bonnie Conner Park		12:30 pm Cardio Kickboxing McAllister Park
7:30 pm Cross Fit Harlandale C.C.	6:45 pm Red, White & Blue Swin Natatorium		7:00 pm Exercise Class Copernicus C.C.		1:30 pm Yoga McAllister
8:00 pm Zumba Lou Hamilton C.C.	7:00 pm Interval Train Dawson C.C.		7:30 pm Interval Train Woodlawn Gym		2:00 pm Youth Basketball Ramirez C.C.
	7:00 pm Zumba Woodard		7:30 pm Zumba San Juan C.C.		3:00 pm Youth Basketball Ramirez C.C.
	7:00 pm Boot Camp Ward C.C.		8:00 pm Zumba Lou Hamilton C.C.		
	7:00 pm Exercise Class Copernicus C.C.				
	7:30 pm Zumba San Juan C.C.				
	7:30 pm Hula Berta Almaguer				

April 2014 Calendar

Monday 4/7	Tuesday 4/8	Wednesday 4/9	Thursday 4/10	Friday 4/11	Saturday 4/12
7:00 am Boot Camp Hardberger Park West	9:00 am Stroller Strides Hardberger Park East	10:00 am Yoga Virginia Gill C.C.	9:00 am Power Walk Commander's House	9:30 am Crecer, Saber, Mover Berta Almaguer	9:00 am Zumba McAllister Park
8:00 am Learn & Burn Hardberger Park	9:00 am Power Walk Commander's House	10:00 am Crecer, Saber, Mover Enrique Barrera	9:15 am Social Walk Virginia Gill C.C.	10:00 am Line Dance Virginia Gill C.C.	9:00 am Cross Fit McAllister Park
10:00 am Learn & Burn Parman Library	9:15 am Social Walk Virginia Gill C.C.	4:30 pm RoTenGo Miller's Pond C.C.	9:30 am Chair Aerobics Virginia Gill C.C.	5:00 pm ELITE Speed & Agility Cuellar C.C.	9:00 am CYPHER Berta Almaguer
2:00 pm Youth Basketball Lou Hamilton C.C.	9:30 am Crecer, Saber, Mover Berta Almaguer	4:30 pm Kid Fit SA Palm Heights C.C.	9:30 am Crecer, Saber, Mover Enrique Barrera	5:45 pm Boot Camp Garza C.C.	9:00 am Zumba Hardberger Park West
5:00 pm Aerobics Jesse James Leija	9:30 am Chair Aerobics Virginia Gill C.C.	5:30 pm Boot Camp Travis Park	11:00 am Lunch Crunch Travis Park	6:00 pm ELITE Strength & Condition Cuellar C.C.	9:00 am Circuit Train OP Schnabel
5:30 pm Social Walk Woodlawn Gym	12:00 pm Zumba San Pedro Park	6:00 pm Cross Fit Garza C.C.	11:30 am Lunch Crunch Travis Park	6:00 pm Zumba OP Schnabel	9:30 am Boot Camp Hardberger Park East
5:30 pm Kid Fit SA Harlandale C.C.	1:00 pm Circuit Train San Pedro Park	6:00 pm Zumba Jimmy Flores Park	12:00 pm Zumba San Pedro Park		10:00 am Hike w/ Hound OP Schnabel Park
6:00 pm Circuit Train Collins Garden	4:30 pm Kid Fit SA SS Lions C.C.	6:00 pm Cardio Kickboxing Walker Ranch Park	12:00 pm Mommy & Me Fitness Enrique Barrera		10:00 am Circuit Train McAllister Park
6:00 pm 5K Training Enrique Barrera	5:00 pm Kid Fit SA Woodard C.C.	6:00 pm Unase Al Reto Woodlawn Park	12:10 pm Circuit Train Travis Park		10:00 am Zumba Rosedale Park
6:00 pm Social Walk Father Roman C.C.	5:00 pm Aerobics Jesse James Leija	6:00 pm 5K Training Enrique Barrera	1:00 pm Circuit Train San Pedro Park		10:30 am Yoga Hardberger Park East
6:00 pm Hula Lou Hamilton C.C.	5:00 pm Yoga Cuellar C.C.	6:00 pm Social Walk Father Roman C.C.	1:30 pm Volleyball Conditioning Lou Hamilton C.C.		10:30 am Chair Yoga Dorie Miller C.C.
6:30 pm Boot Camp Garza C.C.	5:00 pm Cross Fit Woodard C.C.	6:30 pm Boot Camp Garza C.C.	5:00 pm Aerobics Jesse James Leija		11:00 am Interval Train McAllister Park
6:30 pm Boot Camp Harlandale C.C.	5:30 pm Boot Camp Panther Springs	6:30 pm Circuit Train Travis Park	5:30 pm Circuit Train Bonnie Conner Park		11:00 am Zumba Walzem YMCA
6:30 pm Boot Camp South San C.C.	6:00 pm Cross Fit Garza C.C.	6:30 pm Interval Train Woodlawn Park	5:30 pm Social Walk Woodlawn Gym		11:00 am Body Pump Rosedale Park
6:30 pm Circuit Train Woodlawn Gym	6:00 pm Circuit Train Enrique Barrera	6:30 pm Zumba Travis Park	6:00 pm Cross Fit Garza C.C.		12:00 pm Body Combat Rosedale Park
6:30 pm Zumba Travis Park	6:00 pm Yoga Ward C.C.	7:00 pm Interval Train Walker Ranch Park	6:00 pm Fit Camp Miller's Pond C.C.		12:30 pm Cardio Kickboxing McAllister Park
7:00 pm Family Yoga Collins Garden	6:00 pm Zumba Ramirez C.C.	7:00 pm Exercise Class Copernicus C.C.	6:00 pm Yoga Walker Ranch Park		1:30 pm Yoga McAllister
7:00 pm Fitness in the Stadium Wheatley Stadium	6:30 pm Interval Train SS Lions Park		6:30 pm Circuit Train Woodlawn Gym		2:00 pm Youth Basketball Ramirez C.C.
7:00 pm Exercise Class Copernicus C.C.	6:30 pm Body Combat Davis Scott YMCA		6:30 pm Interval Train Bonnie Conner Park		3:00 pm Youth Basketball Ramirez C.C.
7:30 pm Interval Train Woodlawn Gym	7:00 pm Interval Train Dawson C.C.		7:00 pm Exercise Class Copernicus C.C.		
7:30 pm Cross Fit Harlandale C.C.	7:00 pm Zumba Woodard		7:30 pm Interval Train Woodlawn Gym		
8:00 pm Zumba Lou Hamilton C.C.	7:00 pm Boot Camp Ward C.C.		7:30 pm Zumba San Juan C.C.		
	7:00 pm Exercise Class Copernicus C.C.		8:00 pm Zumba Lou Hamilton C.C.		
	7:30 pm Zumba San Juan C.C.				
	7:30 pm Hula Berta Almaguer				

April 2014 Calendar

Monday 4/14	Tuesday 4/15	Wednesday 4/16	Thursday 4/17	Friday 4/18	Saturday 4/19
7:00 am Boot Camp Hardberger Park West	9:00 am Stroller Strides Hardberger Park East	10:00 am Yoga Virginia Gill C.C.	9:00 am Power Walk Commander's House	9:30 am Crecer, Saber, Mover Berta Almaguer	9:00 am Zumba McAllister Park
8:00 am Learn & Burn Hardberger Park	9:00 am Power Walk Commander's House	10:00 am Crecer, Saber, Mover Enrique Barrera	9:15 am Social Walk Virginia Gill C.C.	10:00 am Zumba Virginia Gill C.C.	9:00 am Cross Fit McAllister Park
10:00 am Learn & Burn Parman Library	9:15 am Social Walk Virginia Gill C.C.	4:30 pm RoTenGo Miller's Pond C.C.	9:30 am Chair Aerobics Virginia Gill C.C.	5:00 pm ELITE Speed & Agility Cuellar C.C.	9:00 am CYPHER Berta Almaguer
2:00 pm Youth Basketball Lou Hamilton C.C.	9:30 am Crecer, Saber, Mover Berta Almaguer	4:30 pm Kid Fit SA Palm Heights C.C.	11:00 am Lunch Crunch Travis Park	5:45 pm Boot Camp Garza C.C.	9:00 am Zumba Hardberger Park West
5:00 pm Aerobics Jesse James Leija	9:30 am Chair Aerobics Virginia Gill C.C.	5:30 pm Boot Camp Travis Park	11:30 am Lunch Crunch Travis Park	6:00 pm ELITE Strength & Condition Cuellar C.C.	9:00 am Zumba SS Lions C.C.
5:30 pm Social Walk Woodlawn Gym	12:00 pm Zumba San Pedro Park	6:00 pm Cross Fit Garza C.C.	12:00 pm Zumba San Pedro Park	6:00 pm Zumba OP Schnabel	9:00 am Circuit Train OP Schnabel
5:30 pm Kid Fit SA Harlandale C.C.	1:00 pm Circuit Train San Pedro Park	6:00 pm Zumba Jimmy Flores Park	12:00 pm Mommy & Me Fitness Enrique Barrera		9:00 am Pickleball Lou Hamilton C.C.
6:00 pm Circuit Train Collins Garden	4:30 pm Kid Fit SA SS Lions C.C.	6:00 pm Cardio Kickboxing Walker Ranch Park	12:10 pm Circuit Train Travis Park		9:30 am Boot Camp Hardberger Park East
6:00 pm 5K Training Enrique Barrera	5:00 pm Kid Fit SA Woodard C.C.	6:00 pm Unase Al Reto Woodlawn Park	1:00 pm Circuit Train San Pedro Park		10:00 am Hike w/ Hound OP Schnabel Park
6:00 pm Yoga Lions Field	5:00 pm Aerobics Jesse James Leija	6:00 pm 5K Training Enrique Barrera	1:30 pm Volleyball Conditioning Lou Hamilton C.C.		10:00 am Circuit Train SS Lions C.C.
6:00 pm Social Walk Father Roman C.C.	5:00 pm Yoga Cuellar C.C.	6:00 pm Social Walk Father Roman C.C.	5:00 pm Aerobics Jesse James Leija		10:00 am Circuit Train McAllister Park
6:00 pm Hula Lou Hamilton C.C.	5:00 pm Cross Fit Woodard C.C.	6:30 pm Boot Camp Garza C.C.	5:30 pm Circuit Train Bonnie Conner Park		10:00 am Zumba Rosedale Park
6:30 pm Boot Camp Garza C.C.	5:30 pm Boot Camp Panther Springs	6:30 pm Boot Camp Garza C.C.	5:30 pm Social Walk Woodlawn Gym		10:30 am Yoga Hardberger Park East
6:30 pm Boot Camp Harlandale C.C.	6:00 pm Cross Fit Garza C.C.	6:30 pm Circuit Train Travis Park	6:00 pm Cross Fit Garza C.C.		10:30 am Chair Yoga Dorie Miller C.C.
6:30 pm GET FIT WITH SONIA & ANTONIO DANIELS "Circuit Train" Woodlawn Gym	6:00 pm Circuit Train Enrique Barrera	6:30 pm Interval Train Woodlawn Park	6:00 pm Fit Camp Miller's Pond C.C.		11:00 am Interval Train McAllister Park
6:30 pm Zumba Travis Park	6:00 pm Yoga Ward C.C.	6:30 pm Zumba Travis Park	6:00 pm Yoga Walker Ranch Park		11:00 am Zumba Walzem YMCA
7:00 pm Family Yoga Collins Garden	6:00 pm Zumba Ramirez C.C.	7:00 pm Interval Train Walker Ranch Park	6:30 pm Circuit Train Woodlawn Gym		11:00 am Body Pump Rosedale Park
7:00 pm Fitness in the Stadium Wheatley Stadium	6:30 pm Interval Train SS Lions Park	7:00 pm Exercise Class Copernicus C.C.	6:30 pm Interval Train Bonnie Conner Park		12:00 pm Body Combat Rosedale Park
7:00 pm Exercise Class Copernicus C.C.	6:30 pm Body Combat Davis Scott YMCA		7:00 pm Exercise Class Copernicus C.C.		12:30 pm Cardio Kickboxing McAllister Park
7:30 pm Interval Train Woodlawn Gym	7:00 pm Interval Train Dawson C.C.		7:30 pm Interval Train Woodlawn Gym		1:30 pm Yoga McAllister
7:30 pm Cross Fit Harlandale C.C.	7:00 pm Zumba Woodard		7:30 pm Zumba San Juan C.C.		2:00 pm Youth Basketball Ramirez C.C.
8:00 pm Zumba Lou Hamilton C.C.	7:00 pm Boot Camp Ward C.C.		8:00 pm Zumba Lou Hamilton C.C.		3:00 pm Youth Basketball Ramirez C.C.

April 2014 Calendar

Monday 4/21	Tuesday 4/22	Wednesday 4/23	Thursday 4/24	Friday 4/25	Saturday 4/26
7:00 am Boot Camp Hardberger Park West	9:00 am Stroller Strides Hardberger Park East	10:00 am Yoga Virginia Gill C.C.	9:00 am Power Walk Commander's House	6:00 pm Zumba OP Schnabel	9:00 am Circuit Train OP Schnabel
8:00 am Learn & Burn Hardberger Park	9:00 am Power Walk Commander's House	10:00 am Crecer, Saber, Mover Enrique Barrera	9:15 am Social Walk Virginia Gill C.C.		9:00 am CYPHER Berta Almaguer
10:00 am Learn & Burn Parman Library	9:15 am Social Walk Virginia Gill C.C.	4:30 pm RoTenGo Miller's Pond C.C.	9:30 am Chair Aerobics Virginia Gill C.C.		9:00 am Zumba Hardberger Park West
2:00 pm Youth Basketball Lou Hamilton C.C.	9:30 am Crecer, Saber, Mover Berta Almaguer	4:30 pm Kid Fit SA Palm Heights C.C.	9:30 am Crecer, Saber, Mover Enrique Barrera		9:00 am Zumba SS Lions C.C.
5:00 pm Aerobics Jesse James Leija	9:30 am Chair Aerobics Virginia Gill C.C.	5:30 pm Boot Camp Travis Park	11:00 am Lunch Crunch Travis Park		9:00 am Pickleball Lou Hamilton C.C.
5:30 pm Social Walk Woodlawn Gym	12:00 pm Zumba San Pedro Park	6:00 pm Cross Fit Garza C.C.	11:30 am Lunch Crunch Travis Park		9:30 am Boot Camp Hardberger Park East
5:30 pm Kid Fit SA Harlandale C.C.	1:00 pm Circuit Train San Pedro Park	6:00 pm Zumba Jimmy Flores Park	12:00 pm Zumba San Pedro Park		10:00 am Hike w/ Hound OP Schnabel Park
6:00 pm Circuit Train Collins Garden	4:30 pm Kid Fit SA SS Lions C.C.	6:00 pm Cardio Kickboxing Walker Ranch Park	12:00 pm Mommy & Me Fitness Enrique Barrera		10:00 am Circuit Train SS Lions C.C.
6:00 pm 5K Training Enrique Barrera	5:00 pm Kid Fit SA Woodard C.C.	6:00 pm Unase Al Reto Woodlawn Park	12:10 pm Circuit Train Travis Park		10:00 am Zumba Rosedale Park
6:00 pm Yoga Lions Field	5:00 pm Aerobics Jesse James Leija	6:00 pm 5K Training Enrique Barrera	1:00 pm Circuit Train San Pedro Park		10:30 am Yoga Hardberger Park East
6:00 pm Social Walk Father Roman C.C.	5:00 pm Yoga Cuellar C.C.	6:00 pm Social Walk Father Roman C.C.	1:30 pm Volleyball Conditioning Lou Hamilton C.C.		10:30 am Chair Yoga Dorie Miller C.C.
6:00 pm Hula Lou Hamilton C.C.	5:00 pm Cross Fit Woodard C.C.	6:30 pm Boot Camp Garza C.C.	5:00 pm Aerobics Jesse James Leija		11:00 am Zumba Walzem YMCA
6:30 pm Boot Camp Garza C.C.	5:30 pm Boot Camp Panther Springs	6:30 pm Circuit Train Travis Park	5:30 pm Circuit Train Bonnie Conner Park		11:00 am Body Pump Rosedale Park
6:30 pm Boot Camp Harlandale C.C.	6:00 pm Cross Fit Garza C.C.	6:30 pm Interval Train Woodlawn Park	5:30 pm Social Walk Woodlawn Gym		12:30 pm Cardio Kickboxing McAllister Park
6:30 pm Boot Camp South San C.C.	6:00 pm Circuit Train Enrique Barrera	6:30 pm Zumba Travis Park	6:00 pm Cross Fit Garza C.C.		12:00 pm Body Combat Rosedale Park
6:30 pm Circuit Train Woodlawn Gym	6:00 pm Yoga Ward C.C.	7:00 pm Interval Train Walker Ranch Park	6:00 pm Fit Camp Miller's Pond C.C.		1:30 pm Yoga McAllister
6:30 pm Zumba Travis Park	6:00 pm Zumba Ramirez C.C.	7:00 pm Exercise Class Copernicus C.C.	6:00 pm Yoga Walker Ranch Park		2:00 pm Youth Basketball Ramirez C.C.
7:00 pm Family Yoga Collins Garden	6:30 pm Body Combat Davis Scott YMCA		6:30 pm Circuit Train Woodlawn Gym		3:00 pm Youth Basketball Ramirez C.C.
7:00 pm Fitness in the Stadium Wheatley Stadium	7:00 pm Interval Train Dawson C.C.		6:30 pm Interval Train Bonnie Conner Park		4:00 pm Red, White & Blue Swin Natatorium
7:00 pm Exercise Class Copernicus C.C.	7:00 pm Zumba Woodard		7:00 pm Exercise Class Copernicus C.C.		
7:30 pm Interval Train Woodlawn Gym	7:00 pm Boot Camp Ward C.C.		7:30 pm Interval Train Woodlawn Gym		
7:30 pm Cross Fit Harlandale C.C.	7:00 pm Exercise Class Copernicus C.C.		7:30 pm Zumba San Juan C.C.		
8:00 pm Zumba Lou Hamilton C.C.	7:30 pm Zumba San Juan C.C.		8:00 pm Zumba Lou Hamilton C.C.		
	7:30 pm Hula Berta Almaguer				

April 2014 Calendar

Monday 4/28	Tuesday 4/29	Wednesday 4/30	Thursday 5/1	Friday 5/2	Saturday 5/3
7:00 am Boot Camp Hardberger Park West	9:00 am Stroller Strides Hardberger Park East	10:00 am Yoga Virginia Gill C.C.	9:00 am Power Walk Commander's House	9:30 am Crecer, Saber, Mover Berta Almaguer	9:00 am Zumba McAllister Park
8:00 am Learn & Burn Hardberger Park	9:00 am Power Walk Commander's House	10:00 am Crecer, Saber, Mover Enrique Barrera	9:15 am Social Walk Virginia Gill C.C.	5:00 pm ELITE Speed & Agility Cuellar C.C.	9:00 am Cross Fit McAllister Park
10:00 am Learn & Burn Parman Library	9:15 am Social Walk Virginia Gill C.C.	4:30 pm RoTenGo Miller's Pond C.C.	9:30 am Chair Aerobics Virginia Gill C.C.	5:45 pm Boot Camp Garza C.C.	9:00 am CYPHER Berta Almaguer
2:00 pm Youth Basketball Lou Hamilton C.C.	9:30 am Crecer, Saber, Mover Berta Almaguer	4:30 pm Kid Fit SA Palm Heights C.C.	11:00 am Lunch Crunch Travis Park	6:00 pm ELITE Strength & Condition Cuellar C.C.	9:00 am Zumba Hardberger Park West
5:00 pm Aerobics Jesse James Leija	9:30 am Chair Aerobics Virginia Gill C.C.	5:30 pm Boot Camp Travis Park	11:30 am Lunch Crunch Travis Park	6:00 pm Zumba OP Schnabel	9:00 am Circuit Train OP Schnabel
5:30 pm Social Walk Woodlawn Gym	12:00 pm Zumba San Pedro Park	6:00 pm Cross Fit Garza C.C.	12:00 pm Zumba San Pedro Park		9:00 am Pickleball Lou Hamilton C.C.
5:30 pm Kid Fit SA Harlandale C.C.	1:00 pm Circuit Train San Pedro Park	6:00 pm Zumba Jimmy Flores Park	12:00 pm Mommy & Me Fitness Enrique Barrera		9:30 am Boot Camp Hardberger Park East
6:00 pm Circuit Train Collins Garden	4:30 pm Kid Fit SA SS Lions C.C.	6:00 pm Cardio Kickboxing Walker Ranch Park	12:10 pm Circuit Train Travis Park		10:00 am Hike w/ Hound OP Schnabel Park
6:00 pm 5K Training Enrique Barrera	5:00 pm Kid Fit SA Woodard C.C.	6:00 pm Unase Al Reto Woodlawn Park	1:00 pm Circuit Train San Pedro Park		10:00 am Circuit Train SS Lions C.C.
6:00 pm Social Walk Father Roman C.C.	5:00 pm Aerobics Jesse James Leija	6:00 pm 5K Training Enrique Barrera	1:30 pm Volleyball Conditioning Lou Hamilton C.C.		10:00 am Circuit Train McAllister Park
6:00 pm Hula Lou Hamilton C.C.	5:00 pm Cross Fit Woodard C.C.	6:00 pm Social Walk Father Roman C.C.	5:00 pm Aerobics Jesse James Leija		10:00 am Zumba Rosedale Park
6:30 pm Boot Camp Garza C.C.	5:30 pm Boot Camp SS Lions Park	6:30 pm Boot Camp Garza C.C.	5:30 pm Circuit Train Bonnie Conner Park		10:30 am Yoga Hardberger Park East
6:30 pm Boot Camp Harlandale C.C.	5:30 pm Boot Camp Panther Springs	6:30 pm Circuit Train Travis Park	5:30 pm Social Walk Woodlawn Gym		10:30 am Chair Yoga Dorie Miller C.C.
6:30 pm Boot Camp South San C.C.	6:00 pm Cross Fit Garza C.C.	6:30 pm Interval Train Woodlawn Park	6:00 pm Cross Fit Garza C.C.		11:00 am Interval Train McAllister Park
6:30 pm Circuit Train Woodlawn Gym	6:00 pm Circuit Train Enrique Barrera	6:30 pm Zumba Travis Park	6:00 pm Fit Camp Miller's Pond C.C.		11:00 am Zumba Walzem YMCA
6:30 pm Zumba Travis Park	6:00 pm Yoga Ward C.C.	7:00 pm Interval Train Walker Ranch Park	6:00 pm Yoga Walker Ranch Park		11:00 am Body Pump Rosedale Park
7:00 pm Family Yoga Collins Garden	6:30 pm Interval Train SS Lions Park	7:00 pm Exercise Class Copernicus C.C.	6:30 pm Circuit Train Woodlawn Gym		12:00 pm Body Combat Rosedale Park
7:00 pm Fitness in the Stadium Wheatley Stadium	6:30 pm Body Combat Davis Scott YMCA		6:30 pm Interval Train Bonnie Conner Park		12:30 pm Cardio Kickboxing McAllister Park
7:00 pm Exercise Class Copernicus C.C.	7:00 pm Interval Train Dawson C.C.		7:00 pm Exercise Class Copernicus C.C.		1:30 pm Yoga McAllister
7:30 pm Interval Train Woodlawn Gym	7:00 pm Zumba Woodard		7:30 pm Interval Train Woodlawn Gym		2:00 pm Youth Basketball Ramirez C.C.
7:30 pm Cross Fit Harlandale C.C.	7:00 pm Boot Camp Ward C.C.		7:30 pm Zumba San Juan C.C.		3:00 pm Youth Basketball Ramirez C.C.
8:00 pm Zumba Lou Hamilton C.C.	7:30 pm Exercise Class Copernicus C.C.		8:00 pm Zumba Lou Hamilton C.C.		
	7:30 pm Zumba San Juan C.C.				
	7:30 pm Hula Berta Almaguer				